OBESITY BY THE NUMBERS

Childhood obesity rates **tripled** during the last three decades.

- **3x**
- **2x**
- **1x**

One-third of all children and adolescents are overweight or obese.

- **1 out of 4** young adults is too overweight to join the military.

Obese children are **12 times more likely** to become obese adults.

- **15 out of 25** Missouri adults are overweight or obese.

- **30.4%** Missouri’s adult obesity rate in 2013 (up from 23.9% in 2004)

HEALTH CONSEQUENCES OF CHILDHOOD OBESITY

- Poor self-esteem
- Depression
- Bullying
- Poor school attendance
- Lower academic achievement
- Sleep problems
- Growth problems
- Asthma
- Increased risk of heart disease, diabetes, stroke and cancer
- Obese children are **twice as likely** to die before the age of 55 than healthy weight peers.
- Obesity contributes to sky-rocketing health care costs for children and adults.


SOLUTIONS

**IMPROVE COMMUNITY FOOD AND ACTIVITY ENVIRONMENTS BY...**

- Designing community environments to support play and physical activity
- Improving healthy food options in neighborhoods and in public settings
- Assuring physical activity is a part of child care, school and programs outside of school and work places
- Changing health care preventive practices

**...SO CHILDREN AND THEIR FAMILIES CAN...**

- Be active daily.
- Decrease screen time (2 hours max. each day).
- Choose appropriate portion sizes.
- Drink water, not drinks with “empty calories.”
- Enjoy fruits, veggies and other healthy foods.
- Receive health care advice tailored to their needs.
Take Action:

PROMOTING CHILDREN’S HEALTH

EARLY CHILDHOOD

• Support health and wellness in child care settings and enforce licensing standards.
• Increase access to healthy foods through participation in Child and Adult Care Food Program (CACFP).
• Promote Missouri Eat Smart and MOve Smart standards.
• Adequately fund early childhood programs to meet these standards.
• Support research and training for evidence based practices.

SCHOOLS

• Provide adequate funding to assure healthy, appealing food and beverage choices in schools.
• Improve the quality and amount of physical education and physical activity in schools.
• Provide opportunities for students to engage in physical activity outside of classroom time.
• Implement and enforce health and wellness policies in schools.

www.extension.missouri.edu/mocan

MO-CAN Members:
Alliance for Healthier Generation
American Heart Association
BikeWalkKC
BJC HealthCare School Outreach and Youth Development
Blue Cross/Blue Shield of Kansas City
Child Care Aware of Missouri
Children’s Mercy Hospitals and Clinics, Weighing In
Community Capacity Builders, L.L.C.
Complete Family Medicine
Department of Elementary and Secondary Education
Department of Health and Senior Services
Department of Natural Resources
Freeman Health System
Healthcare Foundation of Greater Kansas City
Kansas City Health Department
Kansas City University of Medicine and Biosciences
KC Healthy Kids
Learfield Communications
Live Well Ferguson
Midwest Dairy Council
Mo. Academy of Nutrition and Dietetics
Mo. Arthritis and Osteoporosis Program
Mo. Association of Local Public Health Agencies
Mo. Bicycle and Pedestrian Federation
Mo. Broadcasters Association
Mo. Chapter American Academy of Pediatrics
Mo. Diabetes Prevention and Control Program
Mo. Foundation for Health
Mo. Headstart State Collaboration Office
Mo. Nurses Association
Mo. Nurses Association, Independence Schools
Mo. Parks and Recreation Association
Mo. River Communities Network
Mo. State Alliance of YMCAs
Mo. State Medical Association
Mo. State Parks
MODOT-Missouri Department of Transportation
MU Health Communication Research Center
MU Extension
Northwest Missouri State University
Ozarks Regional YMCA
Partnership for Children
PedNet Coalition, Inc.
Primaris
Springfield-Green County Health Department
St. Louis Dairy Council
The Prevention Research Center (St. Louis)
Viridian Health Management
Washington University

HEALTH CONSEQUENCES OF CHILDHOOD OBESITY

MOCAN fosters and supports healthy eating and active living through policy and environmental changes to measurably improve the health and quality of life of Missouri residents.